

ABSTRACT

For a foodstuff of which the main component is protein and which is to be refrigerated or chilled for storage, it is desired to improve it so that it can be cooked easily in a short time and is superior in flavors, tastes and hygiene. Before refrigerating grilled chicken on a stick as the foodstuff to be cooked by heating, it is preheated by passing electricity to a temperature not less than the temperature at which protein is denatured and less than the cooking temperature until its protein is uniformly denatured to the inside thereof so that simply by preheating at least its outside to a temperature not less than the cooking temperature during cooking by heating, tastes in which the entire grilled chicken is heated to the inside are obtainable and it can be cooked easily with no variation in a short time with excellent flavors and tastes.